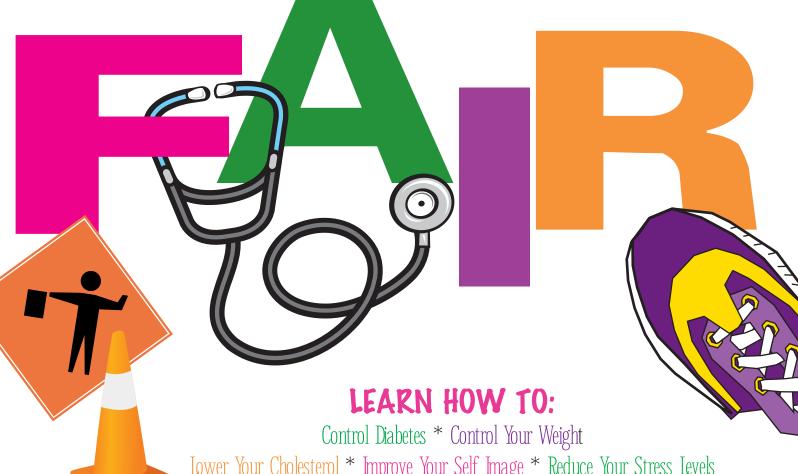
4th Annual Health, Fitness & Safety



Lower Your Cholesterol * Improve Your Self Image * Reduce Your Stress Levels

Iower Hgh Blood Pressure * Reduce Your Risk of Cancer * Eat Balanced Meals

Participate in Team and Individual Sports * Become More Educated About Your Health

Improve Your Current Physical Fitness Level * Reduce Your Risk of Stoke & Heart Disease



May 15 on the Washington Navy Yard (Willard Park)
May 16 on the NDW Anacostia Annex Furnari Courtyard
from 11 AM to 2 PM

